



HESHMAT NASIRI

Heshmat is a Musculoskeletal Physiotherapist and a professional specialist Masseur. Within his work Heshmat uses different physiotherapy interventions to relieve pain, increase range of movement, strengthen muscles, and improve function appropriate to the guest's condition. Heshmat uses rehabilitative exercise therapy, manual therapy techniques, myofascial release technique, spinal traction, manipulation, soft tissue mobilisation.

Physiotherapy

1 hour	£180
1 hour 30 mins	£255

Using stretching and pressure, manual therapy techniques, soft tissue mobilisation to relieve pain, increase range of movement, strengthen muscles, and improve function.